

Wellness Gifts

Give presents that promote a healthy lifestyle. Keep health in mind when making your list and checking it twice.



Healthy Gift List

Instead of:	Ask for or Give:
Battery-operated cars and toys	Soccer ball, jump rope, inline skates, or sled
Video games and DVD movies	Exercise videos for gaming consoles
Gift card for movie theater tickets, popcorn, and soda	Gift card for a sporting goods store
Candy, cookies, or popcorn tin	Fresh fruit basket, fruit of the month club, or edible fresh fruit arranged like flowers
Hand-held video game	Heart rate monitor, pedometer, hand weights, or an exercise stretch band.
Gift card to download music	Gift card for a gym or fitness club, local Y, or community exercise or dance class

Ask for or give "Gift of Time Coupons" for shoveling snow, cooking a healthy meal, cleaning the house, and doing other active household chores throughout the year.



Action Step:

Dig deep for the willpower to resist all the delicious temptations around you this month. Come January, you'll be glad you did.